

GOLDEN GAZETTE

A Monthly Newspaper for Senior Adults in the Fairfax Area

MARCH 2006

Serving Seniors for 29 Years

VOL. 29, NO. 11

SENIORS: FIT FEET FINISH FASTER

by Kenneth R. Wilhelm, DPM

Both beginning and experienced athletes can improve their performance by keeping their feet in top condition and taking steps to control foot problems common in seniors. The human foot is a biological masterpiece that amazingly endures the stresses of daily activity. For seniors, the feet are more vulnerable to injury than any other part of the body, and seniors should be on the alert for signs of foot problems that can slow them down if not treated promptly.

The most common complaint from senior athletes is heel pain caused by inflammation of the ligament that holds up the arch, a condition known as plantar fasciitis. Heel pain can result from faulty mechanics and overpronation in which pressure is unequally applied to the inside of the foot. It also can be caused by wearing exercise shoes that are worn out or too soft.

At the first sign of heel pain, senior athletes should do stretching exercises, wear sturdier shoes and use arch supports. In some cases, icing and anti-inflammatory drugs, such as ibuprofen, are helpful. Should heel pain continue, custom orthotics, injections, and physical therapy might be required. Surgery normally isn't

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This is an abridged version with links to senior centers and county tours. Policy prohibits publishing the ads that are included in the print version.

If you would like to receive the print version on a monthly basis, please e-mail kathy.wilson@fairfaxcounty.gov. It's free! Large-print and recorded formats also are available.

Condominium Conversion Craze... Buy or Bye-Bye

*by Ellyn T. Kay, Investigator
Department of Cable Communications
and Consumer Protection*

Note: This is a true story. The subject's name has been changed for privacy reasons.

Lewis Grayson is getting ready to move again. His apartment complex is being converted from rental apartments into condominium units. Grayson is one of many renters facing an uncertain future as the trend toward condominium conversions displaces renters, and significantly diminishes the number of affordable and available rental properties in Fairfax County. He must now decide whether to continue renting this unit for three more years, purchase it, or move elsewhere.

Grayson originally rented a ground-level, one-bedroom apartment. He was forced to move from that unit due to underground water seepage, which occurred soon after he moved in. Although the property management company paid for his move, the only available apartment was a two-bedroom unit next door. As a result, Grayson's monthly rent was increased from \$890 to \$1,125. Within two months of his move to the new apartment, the washing machine in the upstairs apartment overflowed, cascading water into Grayson's unit. Even though management dried out the water-soaked carpet, they were unable to address the moisture that accumulated behind the drywall. The maintenance staff remedied this by periodically placing a dehumidifier in the apartment for several weeks.

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GOLDEN GAZETTE

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COUNTY OF FAIRFAX, VIRGINIA

Department of Family Services
FAIRFAX AREA AGENCY ON AGING
12011 Government Center Parkway
Suite #708

Fairfax, VA 22035-1104

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Toll-Free: 1-866-503-0217

TTY: 703-449-1186

FAX: 703-449-8689

Web Site:

www.fairfaxcounty.gov/aaa. The
Golden Gazette is online.

The *Golden Gazette* is a free, monthly newspaper dedicated to serving persons age 60 and over in Fairfax County and the cities of Fairfax and Falls Church.

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Publication of advertising contained herein does not constitute endorsement.



To comply with the Americans With Disabilities Act, the *Golden Gazette* is available in large-print and recorded formats. Call **703-324-5633** to request an alternative format.

DEADLINES

ALWAYS the first of the month a month in advance (for ads, ad payments, and announcements).
The next deadline is April 1 for the May issue.

ADDRESS ADDITIONS/CORRECTIONS AND CONTRIBUTIONS

Although the *Golden Gazette* accepts limited paid advertisements, reader contributions are critical to ensure continuation of the publication. We are very grateful to all of you who do send contributions, regardless of the amount (the average contribution is about \$7.00). **Please note that contributions are entirely voluntary.**

If you have an address change, are receiving duplicates, or if you would like to make a contribution, please complete the form below and mail to: **Golden Gazette, Area Agency on Aging, 12011 Government Center Parkway, Suite 708, Fairfax, VA 22035-1104.** Checks should be made payable to **Fairfax County**. Please list your current address below or attach your mailing label and check the appropriate lines. If you prefer to call about address changes, the number is **703-324-5633**.

_____ Contribution check attached.

_____ I am **NOT** currently on your mailing list. Please add my name and address.

_____ I am already on your mailing list.

_____ I am moving. My new address in the Fairfax area will be:

NAME _____

CURRENT ADDRESS _____
Zip: _____

NEW ADDRESS (if applicable) _____
Zip: _____

TELEPHONE (in case we have a question) _____

The names and addresses of persons receiving the *Golden Gazette* are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1. Inquiries or complaints concerning this policy should be directed to the Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035-1104.

The Fairfax Area Agency on Aging contracts with Southern Maryland Printing in Waldorf, MD, for printing and mailing services.

Commission on Aging Monthly Meeting

The Fairfax Area Commission on Aging (COA) will meet on **Wednesday, March 15, 1:00 p.m.**, at Supervisor Bulova's office, Braddock Hall (adjacent to the Kings Park Library, 9002 Burke Lake Road, Burke). A public comment period is held at the beginning of each meeting. (Note: The COA meets on the third Wednesday of each month, **except August**.)

Call **703-324-7746** for information or to be placed on the mailing list. If you need a sign language interpreter or any special accommodation or auxiliary aid, please call the Fairfax Area Agency on Aging at **703-324-5411** (voice) or **703-449-1186** (TTY) at least five working days in advance of the meeting. There is no charge for these services.

FDA Approves Inhaled Insulin for Treatment of Diabetes

There is a new, potential alternative for many of the more than 5 million Americans who take insulin injections. The Food and Drug Administration (FDA) recently approved the first-ever inhaled insulin. Exubera, an inhaled powder form of recombinant human insulin (rDNA) for the treatment of adult patients with Type 1 and Type 2 diabetes, is the first new insulin delivery option introduced since the discovery of insulin in the 1920s. It is manufactured by Pfizer Inc.

“Until today, patients with diabetes who need insulin to manage their disease had only one way to treat their condition,” said Dr. Steven Galson, Director, Center for Drug Evaluation and Research, FDA. “It is our hope that the availability of inhaled insulin will offer patients more options to better control their blood sugars.”

Diabetes is a disease that affects the amount of insulin and sugar in your body. Exubera is a human form of insulin and, as such, lowers blood sugar concentrations by allowing the blood sugar to be taken up by cells as a source of fuel. Exubera is a powdered form of insulin that is able to be inhaled into the lungs through the patient’s mouth using a specially designed inhaler.

There are two major types of diabetes—Type 1 and Type 2. People with Type 1 diabetes produce virtually no insulin. In Type 2, the most common form of the disease, the body does not produce enough insulin or effectively use insulin. If people with diabetes do not properly control their blood sugar levels, serious complications including heart disease, kidney failure, blindness, and nerve damage may develop.

The safety and efficacy of Exubera have been studied in approximately 2,500 adult patients with both types of diabetes. In clinical studies, Exubera reached peak insulin concentration more quickly than some insulins, called regular insulin, administered by an injection. Peak insulin levels were achieved at 49 min-

utes (range 30 to 90 minutes) with Exubera inhaled insulin compared to 105 minutes (range 60 to 240 minutes) with regular insulin, respectively. In Type 1 diabetes, inhaled insulin may be added to longer acting insulins as a replacement for short-acting insulin taken with meals. In Type 2 diabetes, inhaled insulin may be used alone, along with oral (noninsulin) pills that control blood sugar, or with longer acting insulins.

Exubera prescriptions will be accompanied by a Medication Guide containing FDA-approved information written especially for patients. Pharmacists are required to distribute Medication Guides with products FDA has determined are important to health. Patient adherence to directions for use is crucial to the product’s effectiveness. Patients are advised to read the entire Medication Guide and talk to their healthcare provider if they have further questions.

Like any insulin product, low blood sugar is a side effect of Exubera and patients should carefully monitor their blood sugars regularly. Other side effects associated with Exubera therapy seen in clinical trials included cough, shortness of breath, sore throat, and dry mouth.

Exubera is not to be used if you smoke or if you recently quit smoking (within the last 6 months). Exubera is not recommended in patients with asthma, bronchitis, or emphysema. Baseline tests for lung function are recommended after the first 6 months of treatment and every year thereafter, even if there are no pulmonary symptoms.

While Exubera has been studied extensively for safety, the sponsor has committed to performing long-term studies to confirm the continued safety of Exubera after it is marketed and to examine more thoroughly the issue of the efficacy and safety of Exubera in patients with underlying lung disease.

Source: Food and Drug Administration Press Release, January 27, 2006.

MEDICARE TIPS FOR ENROLLING IN PRESCRIPTION DRUG PLANS

PEOPLE WITH MEDICARE REMINDED TO ENROLL EARLY IN THE MONTH

Millions of people with Medicare enrolled in prescription drug plans are leaving pharmacy counters with their prescription drugs at a significant savings since the drug coverage began on January 1.

"Medicare's new prescription drug coverage is working for millions of seniors and people with disabilities. At the same time, we are making progress in fixing problems that some may be experiencing at the pharmacy counter," said Health and Human Services Secretary Mike Leavitt. "One way to reduce problems is for beneficiaries to enroll earlier in the month to ensure they will be able to get their medicines the first of the next month."

If a person enrolls or changes plans before the 15th day of any month, it is much more likely that things will go smoothly at the pharmacy counter than if they enroll later in the month. A beneficiary who enrolls after the 15th of the month may need to spend extra time at the counter working out the details.

The Centers for Medicare and Medicaid Services expect the percentages of those who have to spend extra time at the pharmacy counter will decline as more people get and use their new prescription drug cards.

People with Medicare should remember:

1. After your prescription drug plan has processed your enrollment application, you should get an acknowledgment letter or confirmation letter from the plan you joined. This may take several days, so if you enrolled towards the end of January, you should have received your letter in early February.

2. If you need to fill a prescription, take your acknowledgment or confirmation letter to the pharmacy until you get a membership card.

- a. If you haven't gotten a letter yet, you might have one or more of the following to bring with you to the pharmacy: a welcome letter from the plan, an enrollment confirmation number, or a copy of an enrollment application signed by a plan representative.

- b. If you have both Medicare and Medicaid or have been approved for the low-income subsidy (extra help paying for prescriptions), bring a copy of your yellow automatic enrollment letter from Medicare, a Medicaid card, your approval letter from the Social Security Administration, or other proof that you qualify for extra help.

- c. If you need to get a prescription before you get your letter or membership card, let your pharmacist know your plan name and bring one of the items above to get your prescriptions—it just may take some extra time.

- d. As a last resort, if you pay out-of-pocket for your prescription, save your receipts and work with your plan to be reimbursed.

If you have any questions about your prescription drug coverage, you can call **1-800-MEDICARE (633-4227)**, TTY 1-877-486-2048 or your plan's toll-free phone line.

Annandale/Springfield Shepherd's Center LUNCH N' LIFE

When: Monday, March 13
11:30 a.m.-1:30 p.m.

Where: St. Albans Episcopal Church
6800 Columbia Pike, Annandale

Program: Robert Maddox, former speechwriter for President Carter, shares his experiences.

Lunch: \$5/person

RSVP: Call **703-941-1419** no later than Wednesday, March 8. Seating is limited.

CORRECTION TO THE FEBRUARY ISSUE

Thanks to a sharp-eyed reader for calling us about an essential omission in the article *Register for Ombudsman Program's New Listserve (February issue, page 7)*. We left out the most important information—where to start! Under the first step, it should have said:

1. Go to www.fairfaxcounty.gov...

CLARA & MEL COTNER—VOLUNTEERS OF THE MONTH

by Retha Lockhart, Volunteer Services Coordinator

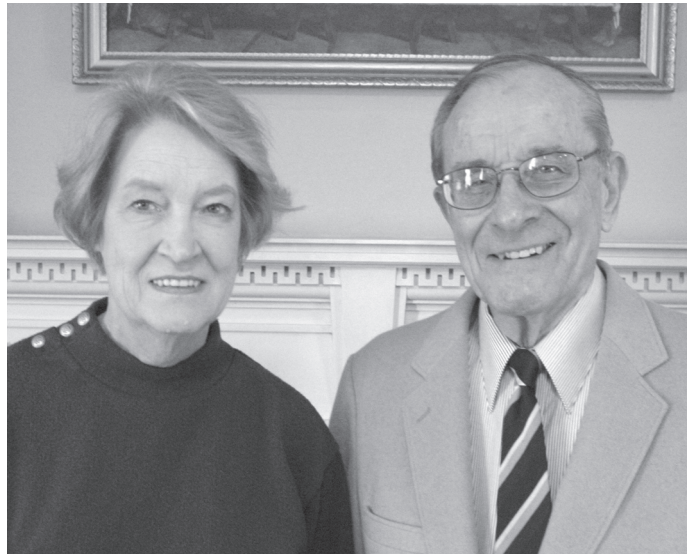
Clara and Mel Cotner are Fairfax Area Agency on Aging (AAA) volunteers who have participated in the Meals on Wheels (MOW) program for many years. They started delivering with the Bailey's MOW route when it began in 1988.

They have had many volunteer experiences over the past 36 years since coming to Falls Church in 1968. Clara was a visitor in the AAA Friendship, Senior program for several years. She is a member of the Falls Church-McLean Church Women United and served on its board. The Cotners are members of First Christian Church in Falls Church, and have served as elder, trustee and in other leadership positions.

Mel had principal roles in the establishment of the ecumenically-based Falls Church Community Service Council (FCS) in 1969 and the Seven Corners Children Center in 1971. He has served continuously with FCS, especially in the management of its furniture donation program. Mel is a charter member of Fairfax County's Human Services Council (1988), and he represented the Mason District until 1998. He chaired the Council's Strategic Management Committee when the county was realigning its human service delivery and funding strategies.

The Cotners are from Kansas. They have 1 son, 3 daughters, and 11 grandchildren. Mel served in the Army Transportation Corps during the Korean War. He worked for the U.S. Department of Agriculture, specializing in natural resource economics research. He had assignments in Kansas, Arizona, and Michigan before coming to the Washington area. He retired in 1987 as Deputy Administrator of the Economic Research Service.

The Cotners come from families in Kansas where helping those in need was part of their "upbringing," and this trait continues here in Fairfax County. It is part of their faith journey. They are pleased to be part of the volunteer corps within their community to help the less fortunate.



Fairfax/Burke Shepherd's Center LUNCH N' LIFE

When: Thursday, March 30
12:00.-2:00 p.m.

Where: St. Mary of Sorrows Catholic Church
5222 Sideburn Road, Fairfax

Program: Sharon Bulova, Braddock District Supervisor, talks about local area history.

Lunch: \$5/person

RSVP: Call **703-620-0160** or **703-815-3408**
no later than March 23. Seating is limited.

The Shepherd's Center is a partnership of individuals, faith communities, civic organizations and local government working to provide life support and enrichment for adults over age 50.



Happy
St. Patrick's Day!
March 17

SENIOR CENTER HIGHLIGHTS



These programs are administered by the Department of Community & Recreation Services, with the exceptions of the City of Fairfax and the City of Falls Church senior centers and the Gum Springs Community Center. If participation accommodations are needed in accordance with the Americans With Disabilities Act, please call 703-324-5544 or TTY 703-222-9693 at least 10 working days in advance of the event. **All events are free unless otherwise noted.** *The symbol RR means reservations are required.* **These are just a few of the activities offered. Call the center nearest you for a complete listing or if you have questions.**

<u>Bailey's</u> <u>Bailey's Community Center</u> <u>5920 Summers Lane</u> <u>Bailey's Crossroads, VA 22041</u> <u>Phone: 703-820-2131</u>	Wednesdays	10:00 a.m., Chair Exercise With Mindy.
	Wednesdays	12:30 p.m., Line Dancing With TJ. \$5 for 8-Week Session.
	Mon. 3/6	12:45 p.m., CVS Presents <i>Medication Management & Questions and Answers About Medicare Part D</i> .
	Wed. 3/15	12:00 p.m., New Food Guide Pyramid Presentation.
	Fri. 3/17	1:00 p.m., St. Patrick's Day Celebration.
	Fri. 3/24	11:30 a.m., Senior Center's 29th Anniversary. Lunch at Great American Steak & Buffet.
<u>City of Fairfax</u> <u>4401 Sideburn Road</u> <u>Fairfax, VA 22030</u> <u>Phone: 703-359-2487</u>	Mondays	10:00 a.m.-2:00 p.m., Mahjong (lessons available also).
	Tuesdays	10:00 a.m., Easy Strength Training. \$10/Month.
	Wednesdays	10:00 a.m.-12:00 p.m., Beginner Bridge Lessons With Norbert Kidd. (3/22-4/26)
	Fri. 3/10	10:00 a.m., Charlestown, WV. (RR)
	Wed. 3/15	10:00 a.m., Trip: Culpeper. Lunch on Your Own. (RR)
	Thur. 3/30	10:00 a.m., Self-Guided Tour of the Supreme Court. Lunch on Your Own. (RR)
<u>City of Falls Church</u> <u>223 Little Falls Street</u> <u>(Next to City Hall)</u> <u>Falls Church, VA 22046</u> <u>Phone: 703-248-5020/5021</u> <u>Note: Blood pressure checks are held the 2nd and 4th Tuesdays of the month, 10:00-11:30 a.m.</u>	Thur. 3/2	11:30 a.m., <i>Travel Memories</i> With Letha Flippin.
	Tue. 3/7	1:30 p.m., <i>Medicare Part D</i> , by Deb Sabatino.
	Wed. 3/15	10:15 a.m.-1:00 p.m., Gadsby's Tavern Museum.
	Fri. 3/17	11:00 a.m.-12:00 p.m., St. Patrick's Day Entertainment. Rob Taggart Plays the Bagpipes.
	Fri. 3/24	10:30 a.m., Armchair Travel: San Francisco.
	Mon. 3/27	10:00 a.m.-2:00 p.m., Tour of Library of Congress. \$3 Transportation. (RR by 3/20)
<u>Franconia/Springfield</u> <u>*6300 Beulah St.</u> <u>Alexandria, VA 22310</u> <u>Phone: 703-924-9762</u>	Fri. 3/31	10:15 a.m.-1:00 p.m., Friendship Firehouse Museum.
	Tuesdays	10:00 a.m., Looking for New Bridge Players—All Levels!
	Wednesdays	11:00 a.m., Strength Training With Anne and DJ Steve.
	Thursdays	12:30 p.m., English as a Second Language With Terri.
	Fri. 3/17	12:30 p.m., St. Patrick's Day Party. (RR)
	Fri. 3/31	12:30 p.m., March Birthday Celebration.
<u>Groveton at South County</u> <u>8350 Richmond Highway Ste. 325</u> <u>Alexandria, VA 22309</u> <u>Phone: 703-704-6216</u>	Mon./Wed./Fri.	11:00 a.m., Medium-Impact Exercise With Jack.
	Wednesdays	10:30 a.m., Bingo.
	Wednesdays	12:30-2:00 p.m., Computer Lab With Helen Henderson.
	Fri. 3/10	11:00 a.m., Slide Show by Dexter Hinckley.
	Fri. 3/17	11:00 a.m., Entertainment by the Groveton Groovers.

S E N I O R C E N T E R

Gum Springs
Gum Springs Community Center
8100 Fordson Road
Alexandria, VA 22306
Phone: 703-360-6088

Mondays	10:00 a.m., Sewing and Quilting.
Tuesdays	10:30 a.m., Ceramics.
Wednesdays	10:30 a.m., Shopping/Bowling (Alexandria Bowling Center).
Thursdays	1:00 p.m., Bingo.
Fridays	10:00 a.m., Low-Impact Exercise.

Herndon Senior Center
873 Grace Street
Herndon, VA 20170
Phone: 703-464-6200

Saturdays	4:00-5:30 p.m., Ballroom Dance Instruction. \$5. (RR)
Wed. 3/8	11:00 a.m., Discussion on the New Food Pyramid.
Wed. 3/8	1:00 p.m., Advisory Council. Everyone Welcome.
Tue. 3/14	12:45 p.m., CVS Program: <i>Managing Meds.</i>
Fri. 3/17	1:00 p.m., St. Pat's Pot O' Gold Party.

Hollin Hall
1500 Shenandoah Road
Alexandria, VA 22308
Phone: 703-765-4573

Mon. 3/13	1:00 p.m., St. Patrick's Day Dance With DJ Steve. Refreshments and Door Prizes. (RR)
Fri. 3/17	10:30 a.m., New York, New York: <i>The Way It Was in the Old Neighborhood.</i> (RR)
Tue. 3/28	11:00 a.m., Opera Appreciation. (RR)
Thur. 3/30	9:00 a.m., Friends of the Community—Meet, Greet, Learn What's Happening in Your Community. Refreshments. (RR)
Fri. 3/31	11:00 a.m., "Sudoku—What is the Craze About?" (RR)

James Lee
James Lee Community Center
2855 Annandale Road
Falls Church, VA 22042
Phone: 703-534-3387

Mon.-Fri.	9:00 a.m.-12:00 p.m., Fitness Center.
Mon.-Fri.	10:00 a.m.-2:00 p.m., Rummikub Club.
Mondays	12:30 p.m., Hawaiian Dance Class. (RR)
Tuesdays	9:00 a.m.-12:00 p.m., Bridge.
Tuesdays	10:30 a.m., Beginner's Line Dancing. (RR)
Wednesdays	10:30 a.m., Sewing Club.
Wed. & Fri.	12:30 p.m., Tai-Chi. (RR)
Thursdays	10:30 a.m., Advanced Line Dancing. (RR)
Fridays	12:30 p.m., Ballroom Dancing Class.

Lewinsville
1609 Great Falls Street
McLean, VA 22101
Phone: 703-442-9075

Mon. 3/6	11:00 a.m., CVS Presents <i>Medication Management.</i> Blood Pressure Check.
Tue. 3/14	11:00 a.m.-12:00 p.m., St. Patrick's Day Party at Adult Day Care With Brian Rudolf.
Thur. 3/16	11:30 a.m.-12:30 p.m., St. Patrick's Day Party.
Mon. 3/20	11:30 a.m.-12:30 p.m., Spring Fling Picnic. (RR Lunch)
Thur. 3/30	12:30 p.m., March Birthday Party.

Lincolnia
4710 North Chambliss St.
Alexandria, VA 22312
Phone: 703-914-0223

Tuesdays	Join Us for Square Dancing. \$.
Thursdays	Duplicate Bridge—Singles and Couples. \$2.
Tue. 3/14	10:30 a.m.-12:00 p.m., Blood Pressure Check—Walk-in.
Fri. 3/17	1:00 p.m., St. Patrick's Day Celebration. Join the Plaid Piper on the Bagpipes and Tin Whistle. (RR)
Tue. 3/21	10:30 a.m., CVS Presents <i>Medication Management.</i> (RR)

HIGHLIGHTS CONTINUED

Little River Glen
4001 Barker Court
Fairfax, VA 22032
Phone: 703-503-8703

**Blood Pressure Checks, 10 a.m.,
 2nd & 4th Fridays.**

Tuesdays 11:00 a.m. (2nd/4th Tue.), Support Group With Frances.
 Wed./Fri. 9:00 a.m., Bridge.
 Wed. 3/8 1:00 p.m., March Birthday Party With Barrie Goodman.
 Fri. 3/10 10:00 a.m., Visually Impaired/Blind Adult Support Group.
 Wed. 3/15 1:00 p.m., Travel With Steve: (Part 1) *Tall Ships*.
 Thur. 3/16 10:00 a.m.-2:00 p.m., Hearing Tests With Cheryl Becker.

Lorton
7722 Gunston Plaza
Lorton, VA 22079
Phone: 703-550-7195

Wed. 3/1 12:30 p.m., ESL Computer Program and Ingles Para
 Latinos Combined Classes. (RR)
 Mon./Thur. 10:00 a.m., Bridge Group. Singles or Couples. (RR)
 Mon. 3/6 12:30 p.m., Line Dancing Classes—Beginner I/II/Inter-
 mediate. Call for Info. \$. (RR)
 Tue. 3/7 10:00 a.m., Computer I and II Classes. \$. (RR)
 Tue. 3/7 12:30 p.m., Poker for Fun. Prizes! (RR)
 Fri. 3/17 10:00 a.m., Advisory Council St. Patrick's Day Social:
 DJ Steve, March Birthdays, Potato Bar Lunch. \$. (RR)
 Tue. 3/21 10:00 a.m., Red Hat Society Monthly Meeting. (RR)

Pimmit Hills
7510 Lisle Avenue
Falls Church, VA 22043
Phone: 703-734-3338

Fri. 3/3 10:30 a.m., Asian Food Shopping. \$1 Bus.
 Mon. 3/6 11:00 a.m., Jazzercise Class.
 Fri. 3/17 1:00 p.m., Line Dancing Class.
 Mon. 3/20 10:00 a.m., Ceramics Class. (RR)
 Wed. 3/29 10:00 a.m., Open House.

Sully
5690 Sully Road
Centreville, VA 20124
Phone: 703-322-4475/4479

Wed. 3/1 10:30 a.m., Grand Opening of New Billiards Room.
 Mon. 3/6 10:00 a.m.-12:00 p.m., Podiatrist (*bring Medicare card*). (RR)
 Mon. 3/6 12:30 p.m., CVS Presents *Medication Management*.
 Tue. 3/8 10:30 a.m.-12:00 p.m., Art Class With Annette.
 Fri. 3/10 10:30 a.m., PACE (People With Arthritis Can Exercise).
 Tue. 3/14 12:15 p.m., New Food Guide Pyramid With Food Service.
 Mon. 3/20 12:30 p.m., Fairfax Co. Fire & Rescue With Mary Hulse.
 Thur. 3/23 10:30 a.m., Sit & Be Fit.

Wakefield
Audrey Moore RECenter
8100 Braddock Road
Annandale, VA 22003
Phone: 703-321-3000

Thur. 3/2 12:45 p.m., Jazzercise With Peggy. \$5. (RR)
 Mon. 3/6 11:00 a.m., Fairfax Co. Fire & Rescue With Mary Hulse.
 Fri. 3/10 10:30 a.m., Beginning Yoga With Clare. \$5. (RR)
 Wed. 3/15 11:30 a.m., New Food Guide Pyramid With Amy.
 Thur. 3/23 12:30-1:30 p.m., *Long-Term Care Seminar* With Ed.

Additional Locations for Meals/Other Activities

David R. Pinn Community Center
10225 Zion Drive
Fairfax, VA 22032
Phone: 703-250-9181

Huntington Community Center
5751 Liberty Drive
Alexandria, VA 22303
Phone: 703-960-1917

FREE HOME REPAIRS

Fairfax County's Home Repair for the Elderly Program provides free home repairs to homeowners who are 62 or older, and/or disabled; and have a maximum income of \$40,600 for 1 person, or \$46,400 for 2 persons.

Typical services include:

- Minor electrical repair
- Plumbing work
- Painting
- Repairing steps, floors, etc.
- Minor accessibility modifications

Fairfax County Residents - Apply now for **FREE REPAIRS**

Call 703-246-5154 TTY: 703-385-3578



Fit Feet Cont. From p. 1

considered unless heel pain persists for more than a year and conservative treatment has failed to bring relief.

Neuromas and tendonitis are other common foot problems that affect seniors. A neuroma is a pinched nerve between the toes that can cause pain, numbness, and a burning sensation in the ball of the foot. Overly flexible shoes often are the cause. Padding, orthotics or injections usually are effective. Sometimes surgery is the answer if pain between the toes continues for more than six months.

Other common foot ailments the senior athlete should watch for are:

Athlete's Foot. This fungal skin disorder causes dry, cracking skin between the toes, itching, inflammation, and blisters. It can be prevented and controlled by washing the feet regularly and carefully drying between the toes; switching running shoes every other day to allow them to dry; wearing socks made with synthetic material instead of cotton; and applying over-the-counter ointments.

Toenail Problems. Ingrown nails can cause inflammation and possible infection and usually are treated by cutting the corner of the nail with sterile clippers. Black toenails happen when a blood blister forms under the nail from trauma, and it's best to let the nail fall off by itself. Fungal toenails are yellow, brown or black and sometimes are irregularly shaped and thick. They are best treated with oral antifungal medications.

Foot Odor. There are more than 250,000 sweat glands in the foot. Daily hygiene plus regular changing of shoes and socks are best for controlling sweat and odor.

Whether you are a beginning or an experienced athlete, keeping your feet in shape will allow you to keep your whole body in shape.

Source: Dr. Kenneth Wilhelm is a podiatric physician and surgeon, podiatrist, who has been practicing in Northern Virginia for 8 years. He has offices in Annandale and Alexandria. He may be reached via e-mail at Krwilhelm@aol.com. Appointments may be scheduled via his office at 703-379-0700.

AREA RESIDENTS ADVISED TO CONTINUE CALLING LOCAL HUMAN SERVICES PHONE NUMBERS

In February, Virginia's Statewide Information & Referral System launched a new 2-1-1 call center for human services assistance in other parts of Virginia. **Residents of Fairfax County and Northern Virginia should continue calling existing phone numbers.** Currently, Information & Referral services are provided in Fairfax County by Coordinated Services Planning at **703-222-0880, TTY 703-803-7914**, and in other Northern Virginia jurisdictions via the toll-free number **1-800-230-6977, TTY 711**. These Information & Referral services provide access to human services information and referrals for basic needs assistance.

Fairfax County is working with the Northern Virginia Regional Commission to plan for 2-1-1 services in the near future that will best fit the needs of the Northern Virginia region.

Grandparent Support Groups Resume

Support groups for grandparents and other relatives raising children, sponsored by the Fairfax County Department of Family Services and the Fairfax County Public Schools, Family Services and Involvement Section, will resume as follows:

- ▶ **Bryant Alternative High School**, 2709 Popkins Lane, Alexandria, on Thursdays, March 16, April 6 and 20, and May 4 and 18.
- ▶ **Pennino Building**, 12011 Government Center Parkway, Fairfax, on Tuesdays, April 4 and 18 and May 2, 16, and 23.

Both groups meet from 7:00 to 8:30 p.m. For more information or to register, please call Robin Hamby at **703-277-2640**, TTY B. Pugin at 703-449-1186.

Down, Browser, Down! Bad Dog!

by Archie M. Andrews, III

Bad browsers are called dogs or even pigs, meaning that they are slow, machine hogs, but that's technical talk ... Down with any program that takes over your computer! Sometimes there is a question of ownership manifested by some companies ...

What is a Browser?

A browser is the front door to the Internet. It is not the only door, as your e-mail might go through the screen door, or instant messaging might go through the French doors, but a browser is probably the easiest and most predictable way to get to the Internet (Google, eBay ...)

What is the Internet?

The Internet is a telephone that is always on, never busy, always home, no answering system. When you open a browser, you are getting on this phone line. The number you dial is the address or URL (Uniform Resource Locator) at the top of the browser page.

Unfortunately, most new PCs today are set up so you have no idea what you have nor where it might be; so I won't even mention that browsers read anything ending .htm or .html ...

Internet Explorer ... Is that a browser?

Yes! IE (as it is called in the trade, and then usually IE 6.0) is a browser, but not the only one. The reason to use other browsers are: security, performance, and other features.

Think how top gunfighters in the Old West were challenged by young kids, thinking they were faster. That is what hackers are to Microsoft, any Windows product, and IE in particular. So, in the light that the second mouse gets the cheese, there are others—some quite possibly better than IE—one should consider.

Security: IE is more like a front door with a large glass insert, which could quite easily be broken and a hand inserted to unlock the deadbolt. Since no browser—or any program today—is "bullet-proof" (merely "bullet-resistant"), think of non-Microsoft browsers as doors with just a top made of glass, so that even if it

were broken, one could not possibly reach the lock.

Where do I find other browsers?

I regard Firefox as perhaps the best all-around browser. Not only is it more secure, but I certainly find it is faster and more efficient than IE.

Performance: Where I might have three IE windows open before my computer comes down with the flu, I can have at least seven with Firefox.

Features: My favorite use is with Google, in that I can quickly open in Tabs the items that interest me—without having to go back or forward. I also have my own toolbar for quick access (usually e-mail). The Through the Looking Glass views are to be found in the "right-click," of which Firefox makes very impressive use.

Did I mention that it is free? Just go to www.mozilla.com and download it! (Unfortunately, it does favor a high-speed connection at 5 megabytes compressed.) There are other browsers (Opera, for one, out of Norway), but Firefox is certainly my favorite. It may not work with everything (some banking sites make no sense, for example) requiring you to use IE, but on every other count it is certainly worth trying.

Source: This copyrighted article has been reprinted with permission. Archie specializes in tutoring and training seniors in PC security, Windows, Internet, and Microsoft Office. He is often a featured speaker at Goodwin House in Alexandria. He may be e-mailed at ama3@tfc-us.com.

Fairfax County & SeniorNavigator

YOUR CONNECTION TO VALUABLE HEALTH, DISABILITY AND AGING RESOURCES.



Go to www.fairfaxcounty.gov/seniors and click on **SeniorNavigator**. No computer? Call SeniorNavigator toll free at 1-866-393-0957, TTY 711, to locate the nearest SeniorNavigator Center.

Condo Conversion *Cont. From p. 1*

Two years later in March, a new management company took over the complex. Major changes began to take place. Water, previously included in the rent, was now billed directly to tenants as a separate utility. Private roads and parking areas were resurfaced. New roofs were installed on all buildings. Balconies, front doors, and railings were repainted. Vacant apartments remained vacant. In August, the tenants received letters advising them that the complex was sold to a developer who would begin converting it into a condominium.

By the end of September, Grayson received a 60-day option to purchase his unit "as is" at a discount price of \$360,000. The notice provided 120 days to vacate if he did not wish to purchase the unit. According to §55-222 of the Virginia Code, individuals over 62 years of age or those with disabilities are entitled to remain in the unit for an additional three years as a renter, if they elect not to purchase their unit. Since Grayson was over 62, he was eligible to remain as a renter if he did not purchase the unit. Although management claimed that the rent would reflect current market rates, they were unable to predict the amount of any rental increases during the three-year extension. Grayson also was concerned that his current \$200 security deposit would be increased to the equivalent of one or two months' rent.

He decided to evaluate his option to purchase a remodeled unit. He inspected a renovated model apartment. The flooring replacement was an inferior grade of bamboo hardwood. Old bathroom fixtures were not replaced. Only the vanity countertop was replaced with white granite speckled with black. New kitchen cabinets were installed with the same speckled granite countertops. Old kitchen appliances were replaced with 'bottom-of-the-line' stainless steel units. The old linoleum floor tiles in the kitchen and bathroom were replaced by inexpensive white ceramic tiles. The 12-year-old heat pump

and original water heater were not replaced. The price for the remodeled unit was \$425,000.

Grayson next weighed his option to purchase his unit "as is." He obtained estimates to remedy the moisture problem and any mold behind the drywall. In addition, carpets, vinyl flooring, kitchen cabinets, appliances, washer/dryer, hot water heater, and heat pump had to be replaced.

In an effort to anticipate future annual condo fee increases, Grayson requested that the developer provide answers to specific questions about existing, longtime drainage problems that affected the ground-level apartments. When there was no response to his inquiry, he decided to look at new condos. He compared prices of new condos to the conversions at his complex and discovered that he could purchase an equivalent new condo for the same price as the conversion. He also compared the cost of renting to the advantage or disadvantage of acquiring a mortgage payment, condo fees, and property taxes. He ultimately decided he did not want the expense of replacement and repairs or escalating condo fees and special assessments associated with condo ownership. In addition, he felt uneasy about renting his unit from a private investor who might not be as diligent as the property management in responding to repair requests.

The following weekend, demolition of the upstairs unit commenced. Grayson was awakened at 7:30 a.m. on a Saturday morning to the sound of walls being torn down. The noise continued until 7:30 p.m. It resumed again on Sunday, followed by a loss of electric power and a torrent of water that cascaded into his bathroom via the air-conditioning vents from the upstairs bathroom. He called the maintenance emergency number and discovered that it was no longer operative, and tenants had not been notified. Grayson could not complain to management, since the management office was now closed on weekends.

On Monday morning, he discussed the developer's breach of quiet enjoyment of his unit

Cont. p. 12

with management. Although tenants were required to give 30-days' notice prior to vacating, the management company waived Grayson's notice requirement. In addition, he was provided with relocation compensation, according to the Federal Highway Administration's Residential Moving Cost Schedule, www.fhwa.dot/real/estate/fixsch96.htm. Only those rooms that are furnished are considered for compensation. Closets and hallways do not apply. Grayson's compensation allowance for four rooms totaled \$950, which covered his moving expenses.

Grayson was unable to locate another similar apartment (1,265 square feet) at the same rental of \$1,125. Comparable apartments were priced upward of \$1,335. Therefore, he was required to downsize to a 950-square-foot unit priced at \$1,225. His former neighbors, also seniors, who elected to remain as renters, are now considering moving out due to the constant construction noise and fear for their personal safety with the influx of strangers from the construction crews. Grayson now worries that his current rental complex may also become a condo conversion, and dreads the thought of moving again.

If your rental complex is converting to a condominium, and you have questions concerning relocation compensation or your tenant rights during the conversion process, you may contact Robert Boland at the Department of Housing and Community Development, **703-246-5095**.

For information about affordable housing, you may call the Department of Housing and Community Development Senior and Specialized Housing Programs at **703-914-0551** or the waiting list hotline at **703-449-9050**, TTY **703-383-3578**.

Questions concerning your rights as a tenant may be directed to the Department of Cable Communications and Consumer Protection at **703-222-8435**, TTY 711. Complaints may be filed online at www.fairfaxcounty.gov/consumer.

CAREGIVER'S CORNER

"Step Up to Nutrition & Health"

March is National Nutrition Month, an excellent time to dust off those forgotten New Year's Resolutions for healthy eating. Bite by bite, you can begin eating healthier and making better choices at mealtime. The theme for National Nutrition month is "Step Up to Nutrition & Health," challenging you to improve your diet and take charge to feel healthier! Whether you are an older adult or a caregiver for one, food and activity choices make a difference in how you and your loved one function.

- ❖ Eating right and getting regular physical activity are keys to a healthy lifestyle.
- ❖ Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.
- ❖ Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber and other nutrients but lower in calories. Fruits and vegetables are a good place to start to find low-calorie, highly nutritious foods.
- ❖ Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness, plus it helps control body weight, promotes a feeling of well-being, and reduces the risk of chronic diseases.
- ❖ Play it safe with foods. Prepare, handle, and store food properly to keep you and your family safe.

More information about the Dietary Guidelines and MyPyramid is available online at www.healthierus.gov/dietaryguidelines and www.mypyramid.gov.

Source: Thanks to Julie Leopold for the above article. Ms. Leopold is a registered dietitian and nutrition program manager with Inova Health Source.

Fun Facts About Recycling

Metal Cans. Americans throw away enough aluminum in 3 months to rebuild all of our commercial airplanes! The energy saved by recycling one aluminum can could run a TV for 3 hours! The energy saved by recycling 19 billion steel cans each year is the same as Los Angeles' energy requirements for 8 years! The only source for new tin in the U.S. is from recycling used tin cans! Recycled tin is so pure that it is used to make stannous fluoride, the "cavity fighter" in toothpaste!

Paper. Every year, Americans throw away enough office and writing paper to build a wall 12 feet high, stretching from Los Angeles to New York City! We use more than 50,000,000 tons of paper each year! Recycling one ton of paper saves one acre of trees! More than 30 million trees are cut down to create 1 year's worth of newspapers! Paper makes up the largest single item in the trash, accounting for 37%!

Glass Bottles and Jars. If all the glass bottles and jars collected through recycling in the U.S. in 1 year were laid end-to-end, they would reach the Moon and half way back to the Earth! The volume of glass recycled by Americans in 1 year would fill New Jersey's Giants Stadium more than three times! Glass can be recycled an infinite number of times! The energy saved from recycling one glass bottle will light a 100-watt bulb for 4 hours!

Plastics. Used plastic soda and juice bottles are used to make carpets, insulating materials in clothes and sleeping bags, strapping, scouring, pads, auto parts, paint brushes, bottles, and other things like tennis balls! We can recycle plastic milk and water detergent bottles to make new detergent and engine oil bottles, trash cans, flower pots, recycling bins, drainage pipes, park benches, playground equipment, traffic barrier cones, kitchen drain boards and combs! The number of plastics recycling businesses has nearly tripled over the past several years, with more than 1,700 businesses handling and reclaiming post-consumer plastics. By using recycled plastic in

packaging, American product manufacturers save enough energy each year to power a city of 1 million homes for 3.5 years. The post-consumer plastics recycling industry provides jobs for more than 52,000 American workers.

Clothing/Textiles. In 1 year an estimated 7 million tons of clothing and other textiles are thrown away. Only 12% are reused or recycled! Textile recycling provides raw materials for upholstery, for filling mattresses, for wadding and other absorbent products, and for the manufacture of felt, as well as fiber from which new cloth can be made.

Source: Fairfax County Department of Public Works and Environmental Services. Visit the Web site at www.fairfaxcounty.gov/dpwes for more information about recycling.

Library Offers Word Processing

The Fairfax County Public Library now offers word-processing software on public computers in all 21 of its branches. Library users can update resumes, work on school assignments, and write letters, in addition to accessing the Internet and checking e-mail, all free of charge.

"The ability to produce and edit documents electronically is something that we are asked for frequently," says Elizabeth Waller, the library's branch coordinator. "We anticipate heavy use" of this new service.

In addition to writing documents, readers will be able to create spreadsheets and produce slide presentations. To use these services, readers must have a Fairfax County Public Library card or other identification such as a driver's license or school ID. Each individual may use library computers for two 30-minute sessions per day. There is a charge for printing: 15 cents per black and white page or \$1 per color page.

Anyone who lives, works or goes to school in Fairfax County is eligible for a free library card. Apply online at www.fairfaxcounty.gov/library.

Curbside Recycling Pick-Up Expansion

Are your recyclables picked up at the curb? If so, you can add mixed paper, flattened cardboard, and plastic bottles to your set-out. Before January 2006, solid waste collectors in Fairfax County were required to collect only newspaper, metal food and beverage cans, glass bottles and jars and yard waste for recycling. Now, they also must collect mixed paper, flattened cardboard, and plastic bottles at the curb.

a. Mixed paper—any color paper, magazines, phone books, cracker and cereal boxes, catalogs, junk mail, envelopes (with or without windows), newspaper, computer paper. Do not include paper plates or napkins, hardback books, wax paper, etc.

b. Flattened cardboard—any clean cardboard can be recycled. However, it must be flattened. Do not include items with food residue such as pizza boxes, etc.

c. Plastic bottles—plastic containers where the neck is narrower than the base. The number on the plastic does not matter! Do not include plastic containers other than bottles. Why? Plastic bottles and jugs are the easiest for recycling facilities to process and sell.

You may visit the Web site at www.fairfaxcounty.gov/dpwes for more information about recycling and to see photographs of what can and cannot be placed at the curb. If you would like to have a copy of the flyer mailed to your home, please call **703-324-5230**, TTY 711.

Source: Fairfax County Department of Public Works and Environmental Services.

Why Can't All Plastics Be Recycled?

Plastic bottles and jugs have different characteristics from other plastic containers. For example, a plastic milk bottle has a different melting point than a plastic margarine tub. It is important that bottles and jugs are collected separately so that these unique properties can be retained. Mixing yogurt cups and margarine tubs in with bottles and jugs can result in a truckload of material being thrown into the trash. When in doubt, leave it out!

Don't worry about the number on the bottom! Markets are primarily concerned with the shape of the container. So...you **DON'T** need to check the number...but you **DO** need to make sure the container has a neck to recycle it in Fairfax County.

2-Day AARP Safe Driver Program

Sponsored by the
Fairfax County Sheriff's Office

Date: March 20-21, 2006

Time: 10:00 a.m.-3:00 p.m. each day

Place: Fairfax County Criminal
Justice Academy
14601 Lee Road, Chantilly, VA

Cost: \$10

RSVP: Advanced registration required/
class size limited. To register, contact
douglas.byrd@fairfaxcounty.gov or call **703-246-3251**.

The benefits of this class are:

- Learn to avoid driving hazards.
- Auto insurance discounts (consult your agent).
- No tests!

HEALTH INSURANCE QUESTIONS?

Call the Virginia Insurance Counseling &
Assistance Program (VICAP) at

703-324-5851.

**TO ADD, CORRECT, OR DELETE
YOUR NAME**

**FROM OUR MAILING LIST,
CALL 703-324-5633.**

VOLUNTEER OPPORTUNITIES

One of the best ways to spend your time is to volunteer. Everyone benefits from volunteering. The agencies receive the help they need, and the volunteers receive satisfaction from helping others.

The **Alzheimer's Association, National Capital Area Chapter**, needs volunteers for its Helpline and to do administrative work. Helpline volunteers provide information on Alzheimer's disease and related disorders, caregiving concerns, programs, and community resources. Administrative volunteers update community resource information, perform data entry, and assemble information packets. Training is provided. Call Eileen Thompson at **703-359-4440, Ext. 122**.

CrisisLink is a crisis, suicide, and trauma prevention organization. Volunteers are needed to answer and respond to calls on its hotline. Training is provided. Call Lisa Booker at **703-527-6016**, or visit the Web site at www.crisislink.org.

The **Fairfax Area Agency on Aging's Meals on Wheels** (MOW) program needs volunteers to deliver meals in Annandale, Bailey's Crossroads, Centreville/Chantilly, Fairfax, and Little River Glen. Volunteers pick up meals at specified sites between 10:30 a.m. and 12:00 p.m., and ensure they are delivered to the clients, usually by 1:00 p.m. Drivers may choose to deliver meals weekly, biweekly, monthly or to substitute as needed. Also needed are two treasurers and an assistant treasurer. If you would like more information, please call the Volunteer Intake Line at **703-324-5406**, TTY 703-449-1186, or e-mail melanie.mitchell@fairfaxcounty.gov.

The **Fairfax Area Agency on Aging's Volunteer Home Services** program needs volunteers in the Annandale, Falls Church, McLean, Reston, and Route 1 areas. Volunteers assist with a variety of services to enable clients to maintain their independence while living in their own homes. Grocery shopping, light housekeeping, minor home maintenance, transporta-

tion to medical appointments and to errands are some of the services provided. Call the Volunteer Intake Line at **703-324-5406**.

The **Fairfax County Public Library** needs volunteers to deliver books to the homebound; scan community newspapers at the library's administration offices; check books in and out at various branches; help process gift books; teach Microsoft Word; help new Americans practice English; teach Spanish to staff; organize shelves; and garden. Opportunities are available throughout the county. Call Kate Wanderer at **703-324-8332**.

Frying Pan Park in Herndon needs volunteers to give tours of the Kidwell House from March through November one morning a week from 10:00 a.m.-12:00 p.m. Training is provided. Call Sherry Bizette at **703-437-5318** or e-mail sherry.bizette@fairfaxcounty.gov.

Inova Fairfax Hospital has volunteer opportunities in its Elder Life Program. Volunteers assist patients age 70 and over with relaxation, recreation, meals, communication, and comfort. Training is provided. Call **703-776-6824**, or e-mail susan.heisey@inova.com.

To have a volunteer opportunity considered for this column, please e-mail or fax your submission to **Retha Lockhart** by the first of the month one month in advance.

E-mail:

retha.lockhart@fairfaxcounty.gov

Fax: 703-324-3583

Phone: 703-324-5407



For information on volunteering at the Fairfax Area Agency on Aging, please call the Volunteer Intake Line at 703-324-5406.

Monthly Support Groups

* **Amputee Support Group of Northern Virginia.** Meets on the 1st Tuesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact Irvin Axelrod at **703-222-7120** or asgnva@earthlink.net.

* **Fibromyalgia/Arthritis Support Group.** Meets on the 3rd Friday of the month, 1:30 p.m., at the Pohick Library, 6450 Sydenstricker Road, Burke. Call Barbara at **703-913-0890**.

* **Mended Hearts Support Group.** Meets on the 1st Wednesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact John Braddon at **703-385-9694** or jbraddon@cox.net.

* **Neuropathy Organization of Northern Virginia.** Meets on the 2nd Saturday of the month, 1:30-3:30 p.m., at 2990 Telestar Court, Falls Church. Call Mary Baldridge at **703-491-6690**, or Joanne Holman at **703-998-8143**.

* **Northern Virginia Post-Polio Support Group.** Meets on the 2nd Saturday of the month, 10:30 a.m.-12:00 p.m., at the Mason Government Center, Annandale. Call **703-560-8852**.

* **Northern Virginia Support Group of the Well Spouse Foundation (WSF).** The WSF supports spousal caregivers for the chronically ill or disabled.

- The evening group meets on the 3rd Monday of the month, 7:00-9:00 p.m., in the conference room at Supervisor Bulova's office, 9002 Burke Lake Road, Burke (adjacent to the Kings Park Library). Call **703-425-2430**.

- The daytime group meets on the 3rd Monday of the month, 12:00-2:00 p.m. in the conference room of the Kings Park Library, 9002 Burke Lake Road, Burke. Call **703-691-0969**.

* **Parkinson's Disease Care Partners Support Group.** Meets on the 3rd Wednesday of the month, 7:30 p.m., at Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Call **703-891-0821**.

Grief Support Groups

* **The Church of the Nativity**, at 6400 Nativity Lane, Burke, sponsors two grief support groups:

1. General Bereavement Support Group. Meets the 1st and 3rd Thursday of the month, 7:30-9:00 p.m. Call Carol Mack at **703-455-2400**.

2. Grief Support Group for Men. Meets the 2nd Thursday of the month, 7:30-9:00 p.m. Call **703-455-2400, Ext 234**.

* **Haven of Northern Virginia**, at 4606 Ravensworth Road, Annandale, has two groups:

1. Widow/Widower Support Groups. One group meets on the 1st and 3rd Thursday of the month, 2:00-3:30 p.m. The other group meets on the 2nd and 4th Tuesday of the month, 7:30-9:00 p.m.

2. A Suicide Survivors' Support Group. Meets on the 1st Tuesday of the month, 7:30-9:00 p.m. Call **703-941-7000** or go to www.havenofnova.org.

Caregiver Support Group

* **Caregiver Support Group.** Meets on the 2nd and 4th Saturday of the month, 1:00-2:30 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Call **703-451-8631** or jjclement@earthlink.net.

Department of Family Services Extends Hours

To provide better services to the community, the Fairfax County Department of Family Services (DFS), Self-Sufficiency Division has extended its business hours. It now is open Mondays through Thursdays, from 7:00 a.m. to 7:00 p.m., and 8:00 a.m. to 4:30 p.m. on Fridays for public assistance services (Food Stamps, Medicaid, TANF, General Relief, etc.). The change in schedule accommodates the needs of working families and individuals conducting public-assistance-related business with the department. For more information, please call the DFS office nearest you:

- Fairfax: **703-324-7500**
- Falls Church: **703-533-5300**
- Reston: **703-787-4900**
- Richmond Highway: **703-704-6353**

COMMUNITY CALENDAR

March 4. 11:00 a.m.-3:00 p.m. It's All about Food: A Taste of McLean. A perfect way to "do lunch" with a friend. Taste the mouth-watering cuisine of local restaurants at a greatly discounted price. General admission is \$5, which includes 3 taste tickets. \$1 for each additional. Call for "Kitchen Talk" seminar schedule. **703-556-0547.**

March 4. 8:00 p.m. Choralis Sings Music by Mozart and Hayden, including Mozart's Exultate Jubilate, and Hayden's Lord Nelson Mass. Falls Church Presbyterian Church, 225 East Broad St., Falls Church. Tickets: \$30/\$25 adults; \$20 students. Call **703-237-2499.**

March 5. 6:30-9:30 p.m. Country-Western Dancing. Spacious wooden dance floor in a smoke- and alcohol-free environment. Featured dances (line-dance, two-step, hustle, and swing) can be mastered quickly by anyone regardless of skill level. Reston Community Center, 2310 Colts Neck Rd., Reston. Call **703-476-4500.** www.restoncommunitycenter.com.

March 8. 7:00-9:30 p.m. **Organize Your Home.** Learn how to get organized and manage your time. Reap the benefits for years. West Springfield High School, 6100 Rolling Rd., Springfield. To register, call **703-227-2377.**

March 10. 1:30-3:00 p.m. Gardens for Flower Arrangers. Bruce Nash, horticulture in-

structor and floral designer, speaks on how to plan a cutting garden, choose appropriate plants for floral display, and maintain the garden. \$11. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. To register, call **703-642-5173.**

March 12. 2:00-4:00 p.m. Fairfax Elderhostel Alumni Meeting. The speaker is Janice Bay, former assistant secretary of state for economic affairs and Elderhostel program administrator for the American Foreign Service Association. George Mason Library, 7001 Little River Turnpike, Annandale. All welcome. RSVP to Rebecca Prather, **703-534-2274.**

March 22. 6:00-10:00 p.m. Pet First Aid and CPR Class. If disaster strikes your pet, you need to know what to do before you can get to a veterinarian. This class will teach you how to stop bleeding, handle choking incidents, perform chest compressions, fashion a splint, take your pet's pulse, etc. Lake Accotink Park, 7500 Accotink Park Rd., Springfield. The \$45 fee includes workshop, book, and certificate of completion. To register, call **703-569-0285.**

March 30. 7:00-9:00 p.m. Understanding Your Dreams. Practical and fun techniques for working with dreams will be taught, including interpretation, reenactment, and amplification. Participants are encouraged to record and bring several dreams to the workshop. The Women's Center, 133 Park St.,

NE, Vienna. \$35. To register, call **703-281-2657.** www.thewomenscenter.org.

Computer Course for Students 60+

The Continuing Education and Workforce Development office of the Annandale Campus of Northern Virginia Community College is offering a computer and Internet course tailored for those 60 years old and up. The 18-hour course, entitled: *Computers & Internet for Seniors*, will meet Mondays from 1:00-4:00 p.m. starting March 13 (no class on April 3 and 10).

The class will focus on learning personal computer basics and Windows and the use of Microsoft Word to prepare, edit, save and print documents. Instruction will include an introduction to the Internet—vocabulary, how to get online and how to conduct basic research.

The cost is \$207. (Note: *This course does NOT meet on the Annandale Campus, but in the "Pitney-Bowes" building at 7630 Little River Turnpike, Annandale (Route 236 and the Beltway).*)

For more information about *Computers & Internet for Seniors* (ITEC 1944-01N) or to register by telephone, call **703-323-3168.**